



THE MOUNTAINEER

"Care with Compassion"

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Madigan earns kudos for 'mercury-free' ops

by **Jeremy O'Bryan**
Mountaineer Editor

FORT LEWIS, Washington — Madigan Army Medical Center has won the 2007 Making Medicine Mercury-Free Award from the health care organization "Hospitals for a Healthy Environment," or H2E.

Madigan is the first U.S. Army medical center to be selected for this award. More than 125 other facilities were evaluated for the award by a panel of 30 reviewers. Col. Julie Martin, deputy commander for administration, and Michael Kyser, environmental protection specialist at Madigan accepted the award on June 14 at the H2E environmental summit in Minneapolis, Minn.

H2E was founded by the American Hospital Association, the U.S. Environmental Protection Agency, Health Care Without Harm, and the American Nurses Association to educate health care professionals about pollution prevention opportunities and help facilitate the industry's move-

ment toward environmental sustainability.

"We began our journey in 1999," Kyser explained, "soon after the Environmental Protection Agency and the American Hospital Association signed a memorandum of understanding in 1998 for medical treatment facilities to implement initiatives to virtually eliminate mercury use."

Kyser said Madigan began right away finding ways to reduce reliance on mercury-containing items.

In 2000, the U.S. Army Center for Health Promotion and Preventive Medicine-West conducted a baseline mercury survey at Madigan, which identified 899 items that contained elemental mercury, such as medical devices and mechanical equipment.

"Following the survey, the Madigan staff spent the next five years reducing the medical center's use of mercury," Kyser explained.

In 2005, Madigan founded its Green Team, a group of specialists that ensures Madigan continues to lead the way in embracing environment-friendly processes. The team was instrumental in grooming the mercury reduc-

See *Mercury-Free*, Page 4

West Nile virus poses threat

Spring showers might bring May flowers — but they also bring mosquitoes, and the deadly West Nile virus, which is caused by the bite of an infected mosquito. Mosquitoes become infected by feeding on infected birds, then pass the virus to other birds, horses or humans.

The Environmental Health Service at Madigan Army Medical Center routinely watches for and tests certain dead birds throughout the Fort Lewis community, in part to determine the risk of a person becoming infected here. All trapped mosquitoes are tested for West Nile virus by the U.S. Army Center for Health Promotion and Preventive Medicine-West laboratory on Fort Lewis.

According to the Washington State Department of Health, West Nile virus was detected in three people, six horses and 13 dead birds in Washington last year. The first U.S. case of the virus was in New York City in 1999. Since then, the virus has continued to spread across the country. In Idaho last year there were 980 human cases and 21 deaths due to the virus.

"The risk of serious illness or death from the bite of a mosquito in Washington State may be low, but it's not zero, and West Nile virus infections are expected to add to that risk this year," said Maj. Chris Littell, chief of Epidemiology and Disease Control, Department of Preventive Medicine.

The majority of infected people experience either no symptoms or a minor flu-like illness, but a small percentage of people develop serious neurological disease. People over age 50 have the highest risk for serious illness. Although there are vaccinations for horses, there is no vaccine available yet for people.

The key to preventing West Nile virus infection is avoiding mosquito bites. When outdoors in places or at times when mosquitoes are most active, such as dusk and dawn or in wooded areas and wetlands, it is essential to minimize the amount of exposed skin and use an effective mosquito repellent.

The risk of mosquito bites in and around

See *West Nile*, Page 4



Photos by Jeremy O'Bryan

Changing the Guard

Madigan Army Medical Center welcomed its newest Command Sergeant Major on May 24 during a Change of Responsibility Ceremony. Command Sgt. Maj. Billy King succeeds Command Sgt. Maj. Ador Yabut, who retired following a 30-year Army career. Hundreds of family members, friends and Madigan personnel, turned out to observe the ceremony. King comes to Madigan from Landstuhl Regional Medical Center in Germany. Above: Sgt. Maj. Matthew Brady (right), Force Integration Division, passes the guidon to former Command Sgt. Maj. Yabut. Brig. Gen. Sheila Baxter, Commanding General of Madigan (left) presided over the ceremony.

VIEWPOINT

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LETTERS

Dear Brig. Gen. Baxter,

My wife and I wish to express our sincere appreciation for the wonderful care she received from your staff in April of 2007 while she was a patient at Madigan Army Medical Center. Prior to surgery, my wife was extremely concerned and worried about an anesthetic to the point of almost refusing surgery. In pre-op she was very nervous.

Maj. James Lee, the anesthesiologist came to her room, introduced himself and immediately put her at ease. His demeanor and professionalism helped to comfort her. We also appreciate the wonderful care she received from other staff members:

Maj. Pamela Solet-Lindsay, Head Nurse, Ward 7 North, has formed a very cohesive team that gives continued and professional care. Her team is well organized and leaves nothing to be desired. Care is constant and responses to the patients request are quick. It was comforting to have my wife on her floor.

First Lt. Jody Day and Holly Kimball on Ward 2 South for their continued and very professional care. They are very attentive and concerned for the needs of their patients. Their personality and bedside manner serve to calm the patient.

We would be remiss if we did not single out 1st Lt. Jean Williams on Ward 2 South for her continued and very professional care. She has natural talent and a charming personality for what she does and is constantly aware of the needs other patients. Her decisions are quick and concise and demonstrate a great deal of proficiency in the nursing field. I often witnessed interns and fellow nurses coming to her for help and advice.

Sincerely,
Sadako and Oria

Dear Brig. Gen. Baxter,

I am writing regarding the excellent care I have received in the Department of Family Medicine from my care provider. She has made me feel as if I were a person, someone who mattered, and this is rare when one is 85 years old and handicapped. She is being transferred and I will miss her. She is to be commended. This hospital has taken care of me for many years, and I am truly grateful.

Many Thanks,
Kathryn

Reassignment convenient time for checking legal documents

by Maj. Joseph Topinka
Center Judge Advocate

As I get ready to make a permanent change of station move, there are some basic legal things that I think about prior to the move. This goes beyond the clearing checklists and out-processing steps that everyone goes through. I thought these topics were worth sharing with others in the hope that such information would be helpful.

First, I like to review the advance directive that I have, especially when I am going to another state which may or may not accept the advance directive format found in Washington.

Advance directives are legal instruments which individuals use to make their own decision about end-of-life treatment before becoming incompetent. In Washington, an advance directive does not become effective until an incompetent individual has a terminal condition or permanent unconscious condition and the law allows an individual to direct withholding or withdrawal of life-sustaining treatment.

A durable power of attorney for health care can also be a critical document. With the power of attorney, an individual names a surrogate decision-maker instead of planning decisions in advance. The individual's attorney-in-fact, the person appointed under the power-of-attorney, is second only to a court-appointed guardian in decision-making priority. Both documents may compliment each other, but that is not necessarily the case.

Second, I like to review my general or special powers-of-attorney. These should not be confused with the power-of-attorney for health care. They are non-

medical forms that give a person the power to appoint another individual to make decisions dealing with matters ranging from the financial to legal.

These powers-of-attorney are very powerful documents, and I always encourage people to consider the person whom they wish to appoint. It should be someone that they trust without reservation.

In addition, I always like to review the document to ensure that it is still current. You wouldn't believe how many people I have met over the years that had expired powers-of-attorney and unfortunately, the situation was always aggravated by the fact that the person who signed the power-of-attorney was deployed and thousands of miles away.

Finally, I like to review my Last Will and Testament. Normally, I will not have a need to change the will and most people really do not need to change theirs.

Updating a will is really only necessary when something significant happens in a person's life like the birth of a child, divorce, death of a designated personal representative, or changes in the disposition of property. I have to admit that I recently reviewed my will and had a new one drafted, but I made only minor changes. I find that if you review your will on a regular basis, you can make minor changes that reflect your life at the time. Those who wait until something dramatic happens to their health may not be able to get a new will drafted or they may find that they have put off reviewing their will for so long that minor changes have become fairly significant ones.

I find that if you give these three items a thought once and awhile, it provides legal peace of mind.



Did you know?
The Mountaineer
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See it on SharePoint, or ...

Surf to <http://www.mamc.amedd.army.mil/mamc/mamcexthome.htm>

**Want to share
your thoughts with
Brig. Gen. Baxter?**
Write to:

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ATTN: Commanding General
Tacoma, WA 98431-1100

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New-from-the-ground-up Bassett opens at Fort Wainwright

by Michael Berry

*Bassett Army Community Hospital
Public Affairs Officer*

The new Bassett Army Community Hospital was officially dedicated May 30 in a ceremony held at Fort Wainwright, Alaska. Major Gen. Gale Pollock, acting Surgeon General of the Army, joined a distinguished group of more than 400 distinguished visitors and guests. Along with U.S. Senator Ted Stevens, Pollock expressed her gratitude for the years of hard work and dedication which made constructing the new facility possible. Stevens said that even though ensuring appropriations for the new facility was sometimes difficult, our Soldiers deserve only the best.

The state-of-the-art facility will allow the staff to serve its beneficiaries in a comfortable, therapeutic setting. From the full-spectrum lighting to additional exam rooms and treatment areas, the 259,500 square-foot facility is designed with modern medicine in mind. Unlike the old hospital, which was built to accommodate a large number of inpatients, the new facility has 22 medical surgical beds and a 24-bed recovery unit geared towards same-day surgery. Another noticeable advance includes 10 Labor, Delivery, Recovery, and Postpartum rooms in the Maternal New-



Photo by Michael Berry

The new Bassett Army Community Hospital was dedicated May 30 at Fort Wainwright, Alaska. The facility will be totally operational in July.

born Unit. These rooms have convertible beds, private baths, and medical equipment hidden within furniture-grade cabinetry. Mother and baby will never have to leave the

room until they are both discharged.

The facility is outfitted with over \$28 million worth of new medical equipment and furnishings. The new hospital is also equipped

with a pneumatic tube system which will allow labs, test results, and other hard copy information to quickly reach different departments. Full spectrum lighting is used in the common areas and is programmed to change intensity in accordance with time of day to help occupants remain on a normal circadian rhythm despite the extended periods of darkness experienced in Alaska. Interactive Educational Television throughout the facility allows requested programming to be fed to specific sets.

Unlike many military treatment facilities, the new Bassett Community Hospital was designed with an embedded Veterans Administration outpatient clinic. U.S. Senator Lisa Murkowski pointed out in her remarks that for Fairbanks, which has a nearly 70 percent veteran population, this is an important factor. The new VA clinic is 1,000 square-feet larger than the existing clinic at the old facility. This space will allow the Veteran's Administration to provide more on-site services.

Although the ribbon has been cut, new Bassett is not scheduled to relocate its clinical services, personnel, and equipment from the old facility until June 11. Over a two-week period, the hospital will gradually transition its services in accordance with a carefully synchronized plan. The facility will be fully operational for all patient care by the first week of July.

Art of tying flies helps to strengthen rehab of patients' motor skills

by Janis Kinney

Public Affairs Assistant

Madigan Army Medical Center's Occupational Therapy Clinic offers a variety of rehabilitation services to help patients develop the skills they need to return to the quality of life that they enjoyed prior to their injuries or illnesses. The clinic encourages patients to develop new skills and interests and helps them learn to use adaptive equipment for activities.

One of the therapeutic activities the clinic offers is a fly tying class, primarily for Operation Iraqi Freedom and Operation Enduring Freedom patients. Making the small, fake insects from wire, glue and various kinds of thread allows patients to develop fine and gross motor skills needed to manipulate objects and tools while exploring a new activity – then they get to use them for fishing. How cool is that?

Most of the fly tying instructors are retired war veterans that volunteer from local fly tying clubs in the Puget Sound area. Lt. Col. Sandra Harrison-Weaver, chief of the OT clinic, sees this therapy as a valuable tool that not only addresses patients' physical disabilities, but also provides an excellent opportunity for the Soldiers to engage in a leisure sport with retired veterans.

Kevin Ryan, a retired Army colonel and volunteer instructor, explained how this class is important for healing Soldiers.

"The goal we have here is to get stubborn



Photo by Janis Kinney

Michelle Tuengel, occupational therapy assistant (right), demonstrates fly tying to Maj. Marc Hoffmeister and his wife, Gayle. The OT clinic holds a fly tying class once a week to help injured Soldiers work on fine motor skills.

arms and fingers to work again," said Ryan. "If they tie a fly, then the next thing is to catch a fish with it, and that requires the movement to cast a fly and get more involved. This provides the possibility of a whole range of activities that takes them beyond their injury and beyond any depression they may have from their injury."

"In some cases, the patients learn to tie a fly using only one hand if the other is ampu-

tated or badly damaged," explained Madigan's Efrain Cornier, a certified OT assistant and program supervisor.

This program has been successful in helping many Soldiers reach their goals, and some have returned to duty. The success of the program is dependent upon the participation of the patients. The clinic provides assistants to help the volunteers and insure that patient care is maintained at the highest level.

In June 2006 that the clinic began using fly tying as a therapeutic tool to aid OIF/OEF Soldiers in rehabilitation. Lt. Col. Warren Perry, a Fort Lewis battalion commander and avid fly fisherman, heard about an unofficial program started at Walter Reed Medical Center in Washington D.C called Project Healing Waters, a non-profit corporation. The program uses fly tying, fly casting and fly fishing to help wounded veterans enjoy a new therapeutic activity and the companionship of others with similar afflictions.

In May 2006, Perry and friend, retired veteran Jesse Scott, were the driving forces in implementing this program here.

The clinic plans to expand the fly tying program to include fly casting and perhaps some fishing excursions for the Soldiers. The equipment and supplies are provided through generous donations from the local fly tying clubs. As the program expands, the clinic hopes to offer more days for instruction. The class currently meets every Thursday at 1:30 p.m. The volunteer instructors have put forth an effort to ensure that there is an expert fly-tier there every Thursday afternoon.

Ryan and Scott are not the only volunteers that make this program a success. Michelle Tuengel, PJ Hicks, Jim McRoberts, Walt Swanson, Dick Stearns, Bill McKay, Bob Grube, Jim Maus, John Clark, Kim Lyons, Ed Poppleton, and Larry Clemons all volunteer their time to help Soldiers heal. Veterans interested in being a part of this program can call the OT clinic at (253) 968-2330.

From *West Nile*, Page 1

your home can also be reduced significantly by ensuring screened windows and doors are in good condition, and taking steps to reduce mosquito breeding habitat.

Empty anything that holds standing water around your house, and change the water in birdbaths, fountains, wading pools, and pet bowls at least weekly to eliminate mosquito breeding habitat.

Certain birds are natural hosts for West Nile virus, particularly crows, ravens, and Steller's jays. In places where West Nile virus occurs, it is often found in dead birds before it shows up in people, so public health authorities should

be contacted to determine if testing is necessary. Birds on Fort Lewis that appear sickly or have died of natural causes should be reported. Contact the Public Works Service Order Desk at (253) 967-3131, Monday through Friday from 7:30 a.m. to 4:30 p.m. Outside those times contact the Military Police at (253) 967-3107. People living off-post may contact their county health department.

For more information, call the state Department of Health information line at (866) 788-4787 or visit the agency's West Nile virus web site <http://www.doh.wa.gov/wnv>.

— Staff Report

From *Mercury-Free*, Page 1



Photo by Hylie Jan Pressey

Members of Madigan's Green Team display recyclable items and information about the environment on Earth Day. The Green Team was instrumental in Madigan's recognition as a virtually mercury-free facility.

tion effort and earning Madigan the MMMF award.

"The Green Team conducted a comprehensive, hospital-wide survey of all devices, instruments, chemicals and pharmaceuticals that contained mercury, then worked with the end users and vendors to find mercury-free alternatives," Kyser said.

Today, Madigan has only eight items containing elemental mercury, and the center has developed more than a dozen processes and several policies that allowed it to meet H2E's award criteria.

The MMMF award is a one-time award given at any time during the year to health care facilities that have made the significant and noteworthy step of becoming virtually "mercury free."

Some specific steps the Green Team took to qualify for the Making Medicine Mercury

Free Award include establishing a mercury management plan that includes a commitment policy, a mercury-free purchasing policy and a mercury elimination plan; and enacting protocols for the safe handling, spill clean-up procedures and disposal procedures. The team also trained employees on protocols – and built in a process to regularly review the mercury elimination plan.

To be virtually mercury free, Madigan has replaced patient mercury thermometers, sphygmomanometers, and other clinical devices; maintains an inventory of all remaining mercury-containing devices and chemicals; and has a replacement plan and phase-out timeline in place for total elimination. Additionally, the center has implemented a recycling program for universal waste items containing low levels of mercury, such as batteries and fluorescent lamps.

Madigan staff turns out to support retired community

by **Jeremy O'Bryan**

Mountaineer Editor

More than 80 Madigan Army Medical Center staff members turned out to offer screenings, tests, and vital health information to hundreds of military and civilian retirees and their spouses, making the Retiree Appreciation Day and Health Fair on May 18 a rousing success.

Ann Lancaster, Madigan's project officer for the event, said 129 people participated – five of them were volunteers, 32 were from agencies outside of Madigan, and the rest were MAMC employees.

"Of the 47 percent of attendees who evaluated the fair, most said they were extremely satisfied," Lancaster explained. Having this fair, she added, allows us to care for and be truly involved with the retired military population in the Pacific Northwest.

"Some of our volunteers, participating for the first time, said that they didn't realize the magnitude and impact the fair makes," Lancaster said.

"We had a fantastic showing this year," said Alex Silva, who, as Fort Lewis's retirement services officer, has a major role in planning and pulling off the event. "More than 1,500 people showed up and before the doors even opened we had 100 or so in line."

"We start the planning for this event every year in January," Lancaster said. "As soon as the project officer is identified by the commander, we start holding organizational meetings to get as many services involved as possible, give out information and help with planning, resourcing and preparation."

The coordination happens across many agencies at Fort Lewis.

"We have to involve both Madigan and several other Fort Lewis agencies to make this happen. Because the health fair is only part of a larger activity that day, many decisions and much planning has to be routed through the Retiree Service Office, I Corps, and our own commander. We even develop our own marketing effort."

Madigan provided health services, screening and information.

Nancy Poffenberger, standing in front of a wall packed with diagrams of skeletons and other visual displays, answered questions about managing pain. She said the table in front of the display, containing more than two dozen flyers, had been busy all morning.

"We communicate the importance of understanding the effects of pain medications, and how to use medications safely," said Poffenberger, who then demonstrated the proper use of a device used to massage hard-to-reach spots in the back and neck.

"There are things you can do to manage pain besides taking medicine," Poffenberger said. "We've answered a lot of questions



Photo by Hylie Jan Pressey

More than 80 Madigan staff members provided services to the public May 18 at Fort Lewis' 2007 Retiree Appreciation Day.

about lower back pain. In fact, 75 percent of all chronic pain is lower back pain."

Retirees from as near as Lakewood and as far as Oregon attended the event. Bob and Nancy Ridderbusch drive up from Gresham, Ore., almost every year to take advantage of the basic medical screenings and just to see what else is available to them.

"The older we get, the more important it is to us," Nancy said. "We see our doctors regularly, but the drive up is nice too. We enjoy the road trip."

In addition to Madigan's turn-out to support local retirees, other Fort Lewis services and veterans' organizations were on hand to make available information and services the retirees would otherwise have to seek out.

"This event just gets better every year," said retired Col. Al Knight, a member of the Fort Lewis Retiree Council who once served on active duty at Fort Lewis. "This is one-stop shopping. You have the Washington State Veterans' Affairs set up right next to the federal VA folks – and they're not just a voice over the phone."

Before lunch, people on hand from accounting and finance had corrected several dozen pay records on the spot. The Social Security Administration from Tacoma and Seattle were on hand to answer questions about benefits, as well as representatives from the Army Career and Alumni Program, who surprised many attendees by explaining that even retired Soldiers can visit their offices on Fort Lewis and get help with career transitions.

"As soon as the doors opened we had 20 people line up in front of the four judge advocate officers to have wills or living wills made or updated," Silva said.

Several months of planning go into supporting the Health Fair piece of Retiree Appreciation Day.

**What's going on
where YOU work?**

Contact *The Mountaineer* at 968-3279

Medical Service Corps celebrates 90 years

The U.S. Army Medical Service Corps has its 90th birthday on June 30. Madigan Army Medical Center celebrates the milestone with displays and historical photos and footage of MSC officers in action; and closes the anniversary with a celebration barbecue at a Tacoma Rainiers baseball game at Cheney Stadium.

"The MSC is essential to the delivery of world-class health care to our Army," said Lt. Col. Bryan Longmuir, assistant chief of staff for resource management for Madigan and Western Regional Medical Command, and the project officer for the MSC 90th birthday celebration. "These leaders are the enablers for clinical care, scientific research and cost-effective administration, ready for and relevant to every medical mission the Army undertakes. As the corps turns 90, it's fitting that we recognize that – and celebrate the dedication and commitment of an entire organization of health professionals dedicated to supporting Soldiers."

The MSC is comprised of a wide diversity of medical administrative, scientific and provider specialties ranging from the management and support of the Army's health services system to direct patient care.

Below are brief profiles of a few upwardly mobile Medical Service Corps officers. "These young officers represent the best in military medicine," Longmuir said. For more information about the MSC, surf to <http://medicalservicecorps.amedd.army.mil>.



Capt. Marc Welde
62nd Medical Brigade
Commissioned via ROTC at Weber State University. MSC was his first choice. "I could do hooah jobs one year and be 'white collar' the next, which would set me up for a successful career after the Army."



2nd Lt. Veronica Schoenborn
62nd Medical Brigade
Has a bachelor's degree in recreation and tourism. Commissioned via ROTC and serves as a platoon leader. Goal is to work in a hospital. Her biggest fear is not making a difference.



1st Lt. Eric Mies
Madigan Army Medical Center
Dual bachelor's degrees: political science and philosophy. Went Green-to-Gold via University of Texas–San Antonio. His job as aide-de-camp to Brig. Gen. Sheila Baxter is "different every day, a perpetual learning experience."



2nd Lt. James Clifford
62nd Medical Brigade
Father is a recently retired AMEDD noncommissioned officer. The first in his family of NCOs to become an officer, and spent 7 years enlisted himself. Future goals: medevac pilot, master's in health care administration.



1st Lt. Megan Hare
62nd Medical Brigade
Executive officer to the brigade commander who communicates across the unit – even does public affairs duties. MSC was her first choice in ROTC. Her favorite assignment: a 3-month stint as a ground ambulance company XO.

Precautions make motorcycling fun not fatal

by Lori Yerdon

U.S. Army Combat Readiness Center

FORT RUCKER, Ala. – Although May's National Motorcycle Safety Awareness month has ended, Soldiers, Family members and DoD civilians should still keep in mind that safe motorcycle practices are a year-round responsibility.

Last month, in support of the national campaign, the Army increased awareness of motorcycle safety in an effort to help its riders prepare for peak riding months and increase safety awareness. However, three Soldiers were still injured and one killed in motorcycle accidents.

While more bikes than ever are registered on Army installations – about 35,000 – safety officials expect the number of accidents to increase proportionately. However, "accidents can be reduced, and many times prevented, by choosing the correct motorcycle and having the proper equipment and training," stated Sgt. Maj. of the Army Kenneth O. Preston in his Leader's Book Notes for April 2007.

In fiscal 2006, 49 Soldiers were killed in motorcycle accidents. Two-thirds of those fatalities were sergeants or above and over the age of 25. This shows that no matter what a person's rank or riding experience level might be, they can be placed in a bad situation, Brig. Gen. Doyle Broome said.

Broome, deputy commanding general of U.S. Army Cadet Command was involved in an accident while riding his motorcycle last year. The general credits his survival of the accident to training, while others credit the wear of Personal Protective Equipment.

"I slid down the highway at about 35 mph, but was wearing all of my PPE and survived the accident," Broome said. "The same cannot be said for those who died in motorcycle accidents last year."

All Soldiers are required to attend a Motorcycle Safety Foundation course prior to riding a motorcycle. MSF courses are free of charge and can be scheduled through installation safety offices. Don't become a statistic – prepare to ride by following these simple guidelines:

Wear a helmet and other protective gear to include proper eye protection, full fingered gloves, long trousers, long



Photo by Jeremy O'Bryan

Bill Julian, a Madigan systems administrator, gears up for a ride. Gloves, over-the-ankle shoes, long-sleeved shirt or jacket, eye protection, bright or reflective fabric, and an approved helmet are required items for all Soldiers and those operating a motorcycle on Fort Lewis.

sleeved shirt or jacket, high visibility garments (bright color for day and retro-reflective for night) and leather boots or over-the-ankle shoes. These requirements for PPE apply to Soldiers at all times, whether riding on or off post. This equipment not only provides comfort and protection from the elements, but also prevents injuries and is a means for other motorists to see a rider that's wearing reflective material.

OB/GYN sports sporting types: swimmer, golfer finish well

Water, water everywhere and not a drop to drink. But despite the steady rain, an administrative officer from Madigan's Department of Obstetrics and Gynecology bested his 20-year personal best and finished ahead of all comers in a national golf tournament.

Thomas Dougherty, his 16 year-old son, Tommy, caddying beside him, competed against a field of 33 in the Golf Channel Amateur Tour–Seattle, the Test at Trophy Lake.

Dougherty recorded a six-over-par 78, the lowest score of the day and his best round in 20 years. He turned in a 40 on the front nine, capped by a 45-foot birdie putt on the 8th hole. Dougherty finished with a birdie on the 465-yard 18th hole.

"Tommy really settled me down out there and made some good recommendations," Dougherty said. His son also provided a steady stream of dry towels to help his dad keep hands and clubs dry in the rain. "If you're a serious golfer in the Pacific Northwest, you've got to be prepared for the rain."

The Test at Trophy Lake is the fourth of 10 local tournaments in the GCAT–Seattle.



Thomas Dougherty, left, and son Tommy

An avid competitive swimmer from Madigan Army Medical Center finished well recently at the U.S. Masters Swimming 2007 National Short Course. Jim Nelson, a 52 year-old medical machine technician in the Department of Obstetrics and Gynecology, competed with Pacific Northwest Aquatics, which finished first overall in the team points standings.

"Based on us having home-pool advantage, we had great participation," said Nelson. "That contributed to our strong finish. And there was some really stiff competition present."

The team's best event was the 45 and older 200-yard mixed relay. Pacific Northwest Aquatics covered the distance in 2:01, placing 13th overall out of 142 teams. Many national record-holders, and even some former Olympians, competed at the event, Nelson said.

To keep himself challenged, Nelson has entered nine events – six swimming and three track – in the Puget Sound Senior Games. The games take place the last Sunday in July, where he hopes to set a state record in the backstroke.

"I'm going to be pretty cooked," Nelson said. "I think I'll take the following Monday off."



— Staff Report



Restructured TRS coming in October

TRICARE Reserve Select will be restructured later this year according to officials at TRICARE Management Activity.

TRS is the premium-based TRICARE health plan qualified National Guard and Reserve members may purchase. The plan offers comprehensive health coverage similar to TRICARE Standard and TRICARE Extra.

"We're working hard on implementation and hope to be able to talk about it in more detail later this summer," said Army Maj. Gen. Elder Granger, deputy director, TMA.

"Soon after that, eligible members of the Selected Reserve of the Ready Reserve will be able to qualify for, and purchase, the restructured TRS coverage."

The 2007 National Defense Authorization Act mandated the elimination of the complicated three-tier system, according to Granger. "All we can really say right now is that starting October 1 all qualified members will pay the same premium rates."

TRS will continue under the cur-

For more news about TRICARE, surf to <http://www.triwest.com>

rent tier system, with its three different premium levels, through Sept. 30, 2007. "By late summer, beneficiaries can check the TRS section at <http://www.tricare.osd.mil> for details on the restructured TRS," said Granger.

"We'll also be making sure information is readily available for National Guard and Reserve leadership to pass along through their channels."

TRS members and their covered family members may access care from any TRICARE-authorized provider, hospital or pharmacy; as well as from a military clinic or hospital on a space-available basis. TMA officials remind TRS members that space is very limited in military facilities and they may not be able to receive care from a DoD medical facility.

TRICARE Management Activity, the Defense Department agency that administers the health care plan for the uniformed services, retirees and their families, serves more than 9.1 million eligible beneficiaries worldwide.

Taking TRICARE on the road

Your much anticipated summer vacation is fast approaching. Here is a pre-vacation checklist that will help ensure you receive maximum TRICARE Prime coverage while you travel, at the lowest expense to you.

Verify your information in DEERS

Call (800) 538-9552 to confirm that the Defense Enrollment Eligibility Reporting System is updated with your most current information. Before rendering services or filling prescriptions, network providers and pharmacies must verify your TRICARE eligibility. If your records in DEERS are incorrect or outdated, you and your family may be denied coverage.

Schedule routine care before you travel

TRICARE recommends that you seek routine care (office visits, management of chronic health conditions, routine physicals, etc.) from your primary care manager before you travel.

Refill current prescriptions, bring your medications

To ensure you won't run out of your medications while you're traveling, have your current prescriptions refilled before you go. Don't forget to bring your medications

and any other necessary medical supplies.

Take your cards

In the event you require medical care or need to fill a prescription while on vacation, you need to have your cards with you. Your TRICARE Prime enrollment card lists TriWest's telephone number on the back. You should call the number before seeking care or being hospitalized. If you have an older enrollment card, be sure to update the telephone number to (888) TRIWEST.

Care on the road

While you hope you won't need medical treatment while traveling, you should be prepared in case it is necessary. Here are a few things you need to know when using TRICARE away from home.

1. Call TriWest at (888) 874-9378 to coordinate a referral and authorization before seeking non-emergency care, including urgent care. If you don't, you may pay higher out-of-pocket costs under the TRICARE Prime point-of-services option, or payment may be denied altogether.

2. Seek emergency care at the nearest hospital immediately. Emergency care does not require prior authorization before treatment. However, your PCM and TriWest should be notified within 24 hours or by the next business day of any emergency inpatient admission.

3. Use TRICARE's pharmacy options. If you forget to bring your medications or need to fill a new prescription, TRICARE's pharmacy options are available to you everywhere in the United States, Puerto Rico, Guam and the U.S. Virgin Islands:

– MTF Pharmacies:

To locate a nearby MTF, a visit <http://www.tricare.osd.mil/mtf>.

– Retail Pharmacy Program: To locate a TRICARE retail pharmacy, visit <http://www.express-scripts.com/tricare> or call (866) DOD-TRRX.

– Mail Order Pharmacy Program: Call (866) DOD-TMOP for information about using the program while on an extended vacation.

4. Call your regional contractor if you have questions: When in doubt, it's best to call TriWest at (888) TRIWEST.

TRICARE highlights enrollment options; holds standards on new enrollment

by Jeremy O'Bryan
Mountaineer Editor

Last month, a long standing TRICARE Management Activity policy that governs TRICARE Prime enrollment within the Military Treatment Facilities was fully implemented at Madigan Army Medical Center.

The policy, which allows MTFs to regulate the beneficiaries they enroll in TRICARE Prime, applies to all military beneficiaries who live more than a 30 minute's drive or more than 40 miles away from the medical center. Active-duty service members, however, are excluded.

Currently, Madigan either exceeds or meets all access standards. The decision to enforce the TMA policy was made to ensure that Madigan's growing patient population continues to benefit from the hospital's ability to meet these standards.

"The tightened enrollment policy helps us to prepare for the continued growth in the military and corresponding Family Member population at Fort Lewis," said Lt. Col. Peter Lehning, chief, managed care at Madigan. "It also allows Madigan to uphold congressionally mandated access-to-care standards by taking care of and giving priority to Soldiers and their Families."

More convenient options

This new policy will offer some family members and retirees the opportunity to obtain their care from health care providers located closer to their home.

"Changing to a civilian primary care provider still allows you the same access to Madigan's pharmacy, emergency room, and specialty care as before. The only change is you will now see a civilian provider closer to home for your routine care," Lehning explained.

"Active-duty Family Members are even exempt from normal TRICARE co-pays associated with seeing a civilian provider," Lehning added. "However, retirees and their family members will have a small co-pay for each visit to their civilian provider."

Beneficiaries who are currently enrolled in TRICARE Prime at Madigan and reside outside of the enrollment eligible area will receive letters encouraging them to find a health care provider closer to their home.

For more information or to find a primary care provider closer to your home, call Madigan's Health Benefits Advisor at (253) 968-3491, 0643, 4438 or 2837, or visit the TRICARE Service Center on the second floor of the Medical Mall at Madigan.



WOUNDED WARRIOR AND FAMILY HOTLINE (800) 984-8523

WSFSUPPORT@
CONUS.ARMY.MIL

To offer wounded, injured or ill Soldiers and their Family Members a way to share concerns on the quality of patient care; and to provide senior Army leaders with visibility on medically related issues so they can properly allocate resources to better serve Soldiers and Families.

Look Who's Getting

KUDOS

♦ Awards ♦ Promotions ♦ Recognition

Purple Heart & Army Commendation Medal
Sgt. 1st Class Marvin Johnson

Legion Of Merit
Col. Shashi Kumar
Col. Laurie McNabb

Army Commendation Medal
Col. Mary Fairchok
Col. Peter Nielsen
Lt. Col. Delores Gries
Lt. Cdr. Richard Sams, II, USN
Capt. Steven Bondi
Capt. Robert Cornfeld
Capt. Matthew Eckert
Capt. Nathan Evans
Capt. Kerry O'Brien
Sgt. Jared Reyes
Spc. Tommy Moore

Army Achievement Medal
Sgt. Ramon Deleon
Sgt. Guillermo Galarza
Sgt. Dustin Golding
Sgt. Leonard Hansberry
Spc. Crystal Maguire

Dept. of the Army Achievement Medal for Civilian Service
James Henry
Shelley Pahn-Bridges
Marcendria Satcher
Jennifer Theis

Order of Military Merit
Dr. Thomas Martinko

WRMC Coin
Cathy Bailey
Nancy Cox

Command Sgt. Maj. Certificate of Appreciation
Paul Hardy

Commander's Award for Customer Service
Lt. Col. Greg Kidwell
Maj. Karen Baker
Maj Catherine Browne
Capt. Scott Grogan
Capt. Shannon Flood
Troy Callahan
Elihue Claypoole
Nancy Greenfield
Janice Hansen
Tammy Pingel
Gilberto Santiago
Anna Smith

MAMC Certificate of Recognition: Q-pins
Stewart Beels
Melissa Hartley
Dora Partridge
Diane Pelletier
Mardena Price

Service Award
Debbie Kahalewai 10 years

Outstanding Performance
The following people received letters of appreciation for providing outstanding care and customer service:
Maj. James Lee - DOAOS
Maj. Elizabeth Shanley - Family Medicine
Maj. Pamela Solet-Lindsay - 7 North
Chap. (Capt.) Steve Slauson - Chaplain
2nd Lt. Jodi Day - 2 South
2nd Lt. Jean Williams - 2 South
Orlando Arriago - Information Management
Holly Kimball - 2 South
Kimberly Lewis - Pediatric Clinic
Dr. Tom Martinko - Pediatric Clinic
Mary Parker - Pediatric Clinic
Bob Salinger - Internal Medicine
Sherry Smith - Pediatric Clinic
Dr. Franklin Wood - Pediatric Clinic
Russell Zill - Information Management

Promoted to Sergeant
Crystal Maguire
Howard Powers

Welcome to Madigan (May NEO attendees)
Col. Patricia LeRoux
1st Lt. Bradley Ritland
1st Lt. Karyn Wylie
2nd Lt. Monina Ancheta
Staff Sgt. Lakeisha Blair
Staff Sgt. Detrick Bush
Staff Sgt. Gabriela Campbell
Staff Sgt. David Howland
Staff Sgt. Steven Lepine
Staff Sgt. David Markus
Sgt. Felicia Clark
Sgt. Jeremy Krebs
Sgt. Corey Merrill
Sgt. Brooke Miles
Sgt. Desiree Morris
Sgt. Michael Petrosacruz
Sgt. Braxton Winslow
Spc. Clifford Hryadil
Spc. Joseph Marin
Spc. Nichole Slaughter
Spc. Joshua Veilleux
Pfc. Joselyn Perdomo
Pfc. Nathaniel Seigler
Pvt. Tiara Mercer



Photo by Hylie Jan Pressey

Seahawks line-up
Pfc. Cornelius Rogers receives a visit from Seattle Seahawks players (from left) Patrick Kerney, Josh Brown, Jordan Babineaux, Lance Laury and Niko Koutovides. More than 50 Seahawks players visited Soldiers and Family Members at Fort Lewis May 31.

Pvt. Charles Rosengarten
Arthur Ancheta
Emmanuel Bendo
Pamela Blades
Robert Brown
Crystal Bullard
Julius Bunch
Kristan Curtis
Doreen Duley
Vincent Fortune
Oliver Foster Jr.
Lynn Gilderhus
William Grant
Jonathan Haywood
Sharlena Horton
Henry Hyde
Robert Karman
Dana Knutzen
Shawn Kramer
Deborah Langsea
Davon Lassiter
Corrine Lighthizer
Nicholas Littrell
Brandy Lor
Lucinda Mansilungan
Krista Marcum
Sarah McFee
Penny Rine
Richard Senzig
Michael Spencer
Stefanie Winniford
Samantha Young

Other recognition

The 47th Combat Support Hospital would like to thank the following Madigan Army Medical Center PROFIS Soldiers, their supervisors and their sections for supporting the 62nd Medical Brigade's CERTEX. Their support was the key to a successful training event.

Lt. Col. Thomas Hirota
Maj. Nancy Rabago
Capt. Todd Baker
Capt. Jamilee Greene
Capt. Matthew Rubinstein
1st Lt. David Cottle
1st Lt. Kelley Watts
2nd Lt. Chad Backus
2nd Lt. Melanie Budnik
2nd Lt. Jonathan Wilwayco
Sgt. 1st Class Hector Santiagoperez
Staff Sgt. Lelon Jenkins
Staff Sgt. Josiah Karch
Sgt. David Collins
Sgt. Wendy Marella
Sgt. Adriana Pin
Sgt. Ronald Smith
Spc. Kevin Furby
Spc. Clifford Hydril
Spc. Joel Perez
Spc. Adam Ray
Spc. Leopoldo Rivas
Spc. Troy Rhodus

MADIGAN

MINUTE

◆ News Briefs ◆ Upcoming Events ◆ Training ◆ Other Fun Stuff

Each year, Madigan Army Medical Center conducts its Graduate Medical Education Commencement Ceremony for more than 100 interns, residents and fellows. Take a Minute with us to recognize the hard work, dedication, and enthusiasm of the 2007 graduating class.

Transitional Year Internship

Interns
Capt. Gavin Arnett
Capt. Darrell Ferguson
Capt. David Grant
Capt. Charles Kitley
Capt. Gregory Kraus
Capt. Nick Ly
Capt. Patrick Munson
Capt. Adam Olsson
Capt. Vincent Paul
Capt. Zoe Sundell
Administrative Residency
Resident
Maj. Brian J. Bender

DEPARTMENT OF DENTISTRY

Oral and Maxillofacial
Surgery Residency
Resident
Capt. Mark Ericson

DEPARTMENT OF
EMERGENCY MEDICINE
Emergency Medicine Residency

Interns
Capt. Nicholas Allan
Capt. Nathan Beckerman
Capt. Melissa Faga
Capt. Jason Heiner
Capt. Robert Jones
Capt. Emily Merchant
Capt. Michael Perreault
Capt. Jon Solberg
Residents
Maj. Gary Eberly
Capt. Christopher Crowell
Capt. Ryan Deboard
Capt. Brooks Laselle
Capt. Justin Madill
Capt. Roger Manson
Capt. Phu Nguyen
Capt. Christopher Yao
Nathaniel Clark
Marilyn Hallock
Kristine Kalbfleisch
Daniel McBride
Physician Assistant -
Emergency Medicine Fellowship
Fellow
Maj. Robert Hays

DEPARTMENT OF
FAMILY MEDICINE
Family Medicine Residency

Interns
Capt. Melissa Borden
Capt. Khalid Jaboori
Capt. Leigh Johnson
Capt. Upneet Nijjar
Capt. Matthew Rodgers
Capt. Heather Schlesinger
Capt. Bart Winter

HONOREES

Teaching Award for
Most Outstanding Staff Member
Maj. Vincent Mysliwiec

Teaching Award for
Most Outstanding Resident
Capt. Jarret Sands

Maj. Gen. Kenyon Joyce
Research Award
Col. Peter Nielsen

Maj. Gen. Byron L. Steger
Research Award
Capt. Matthew Eckert

Col. Patrick Sarsfield Madigan Foundation
Research Award
Lt. Cdr. Richard Sams II, USN

Maj. Gen. Floyd L. Wergeland Award
Capt. Kerry O’Brien

Col. Robert Skelton Award
Capt. Nathan Evans

MAMC Outstanding
Physician Educator Award
Col. Mary Fairchok

Capt. Kelly Winter
Residents
Capt. April Lynch
Capt. Susan Opar
Capt. Jarret Sands
Faculty Development Fellowship
Fellows
Lt. Col. Irene Rosen
Lt. Cdr. Richard Sams II, USN
Maj. Douglas Maurer

DEPARTMENT OF MEDICINE
Internal Medicine Residency
Interns

Capt. Steven Gillroy
Capt. Monica Hoffman
Capt. Tyler Nixon
Capt. Brian O’Reilly
Capt. Douglas Powell
Capt. Jenny Ryan
Capt. Christoffer Spoja
Capt. Alice Uy
Capt. Ramesh Venkataraman
Capt. Nicole Williamson
Residents
Maj. Herbert Kwon
Capt. Joel Abbott
Capt. Kathleen Bauler
Capt. Charles Broy

Capt. Jonathan Coyle
Capt. Nathan Evans, USAF
Capt. Michael Krier, USAF
Capt. Anthony Oliva, Jr.
Capt. Patricia Papadopoulos
Capt. Sean Reilly
Capt. Agnieszka Wojciehowski
Neurology Residency
Interns
Capt. Cristina Cruz-Crespo
Capt. Matthew Kidd
Capt. Lawrence McMillion
Residents
Capt. Erek Helseth
Capt. Douglas Langford
Geriatric Medicine Fellowship
Fellow
Lt. Col. Elizabeth Shanley

DEPARTMENT OF
OBSTETRICS & GYNECOLOGY
Obstetrics &
Gynecology Residency

Interns
Capt. Maximilian Hecht
Capt. Nathaniel Miller
Capt. Coryell Perez
Capt. Katherine Tucker
Residents

Maj. Bret Guidry
Capt. Shannon Flood
Capt. Jasmine Han
Capt. Christine Vaccaro
Capt. Walter Yee
Maternal-Fetal
Medicine Fellowship
Fellow
Maj. Jennifer Gotkin

DEPARTMENT OF PATHOLOGY
Pathology Residency

Interns
Capt. Colby Fernelius
Capt. Abraham Loo
Residents
Maj. James Branch
Capt. Jared Andrews
Capt. Mitchel Holm
Capt. Kerry O’Brien
Capt. Derek Seaquist

DEPARTMENT OF PEDIATRICS
Pediatric Residency

Interns
Capt. Brian Adams
Capt. Angela Bryan
Capt. Ruth Faircloth
Capt. Nicole Giamanco
Capt. Mitchell Hamele
Capt. Carlton Loomis
Capt. Susan Mosier
Capt. Tanvi Patel
Residents
Capt. David Ayer
Capt. Steven Bondi
Capt. Robert Cornfeld
Capt. Theresa Heifert
Capt. Erik Johnson
Capt. Jeffrey Limjuco
Capt. Damien Powell, USAF
Developmental Behavioral
Pediatrics Fellowship
Fellow
Maj. Michelle Ervin

DEPARTMENT OF
PREVENTIVE MEDICINE
Preventive Medicine -
Public Health Residency

Residents
Col. Michael Sigmon
Lt. Col. Kathryn Ellis
Lt. Col. Sandra Lafon
Maj. Douglas Badzik
Capt. Kristin Erickson

DEPARTMENT OF PSYCHOLOGY
Clinical Psychology Internship

Interns
Capt. Robert Case
Capt. April Fritch
Capt. Jason Stolee

Capt. Michelle Tsai
Pediatric Psychology Fellowship
Fellow
Laura Middleton

DEPARTMENT OF RADIOLOGY
Diagnostic Radiology Residency

Residents
Maj. Douglas Tilton
Capt. Andrew Fong
Capt. Christopher Johnson
Capt. Jason Scism

DEPARTMENT OF SURGERY
General Surgery Residency

Interns
Maj. Dawn Harold
Capt. Monique Hopkinson
Capt. Richard Lesperance
Capt. Patrick McDonough
Capt. Kevin Payne
Residents
Capt. Daniel Cronk, Jr.
Capt. Dean Fellabaum
Capt. Katharine Wolcott
Ophthalmology Residency
Residents
Maj. Aaron Amacher III
Maj. Robert Davis

Orthopaedic Surgery Residency

Interns
Capt. Ryan Foley
Capt. Sean Kearney
Capt. Stephen Parada
Residents
Capt. Daniel Emerson
Capt. John Guzzo
Capt. Brian Woebkenberg
Physician Assistant -
Orthopaedic Fellowship
Fellow
Capt. Alan Garcia
Otolaryngology-Head & Neck Sur-
gery Residency
Interns
Capt. Marc Hohman
Capt. Derek Rogers
Residents
Capt. Matthew Grafenberg
Capt. Roy Thomas
Podiatric Surgery Residency
Residents
Kurt Gustavson
Valerie Schade

DEPARTMENT OF MINISTRY
Clinical Pastoral Chaplains

Chap. (Maj.) Beth Echols
Chap. (Maj.) Earl Vanderhoff
Chap. (Capt.) Steve Prost
Chap. (Capt.) Steven Slauson
Chap. (Capt.) Timothy Wilson